Create Your Own

FRUIT

5 Apples

4 Carrots

VEGGIES

8 Grapes

7 Pears

1 Orange

2 Squash

HEALTH

6 Beans

3 Mushrooms

Fresh Fruit & Vegetable Program
FFVP
SNACK

Cut out your square

Turn square over

Fold over

Unfold

Fold over

Unfold

Fold all 4 corners

Looks like this

Turn it over

Fold corners over

Looks like this

Fold in half

Enjoy!